Patent Claims

1. A system for enabling self-monitoring, with regard to body movement sequences to be carried out, by the moving person, comprising a video camera (1) and a monitor (3) for outputting the recorded video image (4), and also a means (5) for inserting at least one moving marker (6), indicating a predetermined movement or body position, into the video image (4), characterized in that the insertion means (5) is designed for detecting characteristic points, lines, contours or the like of the person (2) who is performing a movement sequence and is shown in a recorded video image sequence, or of the person's area shown, and for automatically adapting the movement speed of the moving marker (6) to the movement speed of the moving person (2), or of the person's area.

2. The system as claimed in claim 1, characterized in that the insertion means (5) is also designed for inserting a marker (6) which is stationary during the body movement and indicates a predetermined, ideal body movement.

3. The system as claimed in claim 1 or 2, characterized in that the means is designed for inserting at least one stationary marker (6") serving for adjustment of the person with respect to the video camera (1).

4. The system as claimed in one of the preceding claims, characterized in that the insertion means (5) is designed for detecting characteristic points, lines, contours or the like of the non-moving person (2) shown in the recorded video image (4), or of the person's area shown, and for automatically adapting the marker (6),

in particular the latter's size and/or insertion position, in a manner dependent on the detection result.

5. The system as claimed in one of the preceding claims, characterized in that the insertion means (5) is designed for detecting characteristic points, lines, contours or the like of the person (2) who is performing a movement sequence and is shown in a recorded video image sequence, or of the person's area shown, and for automatically adapting the marker (6), in particular the latter's size and/or insertion position, in a manner dependent on the detection result.

6. The system as claimed in one of the preceding claims, characterized in that the size and/or insertion position and/or movement speed of the marker (6) can be varied manually.

7. The system as claimed in one of the preceding claims, characterized in that the insertion means (5) is assigned a storage means in which, for a plurality of different predetermined body movement sequences, the respective insertion data of at least one marker (6) are stored and can be selected by the user as desired.

8. The system as claimed in one of the preceding claims, characterized in that a point, a line, in particular in the form of a stylized person or the like can be displayed as the marker (6).

9. The system as claimed in claim 8, characterized in that different display forms which can be chosen by the user are provided.

10. The system as claimed in one of the preceding claims, characterized in that the insertion means (5) is integrated in the video camera (1).

11. The system as claimed in one of claims 1 to 9, characterized in that the insertion means (5) is integrated in the monitor (3).

12. The system as claimed in one of claims 1 to 9, characterized in that the insertion means (5) is arranged as a separate element within the communications connection between the video camera (1) and the monitor (3).